

Table 1. Demographic characteristics of the study population	
Age (years)	65.5 ± 1.2
Gender (male/female)	10/10
Education (years)	12.5 ± 0.5
Occupation (white/blue)	10/10
Marital status (married/divorced/widowed)	10/10/0
Smoking status (smoker/nonsmoker)	10/10
Alcohol consumption (yes/no)	10/10
Comorbidities (hypertension/diabetes/cholesterol)	10/10/10
Medication (antihypertensive/antidiabetic/anticholesterol)	10/10/10
Family history (hypertension/diabetes/cholesterol)	10/10/10
Physical activity (yes/no)	10/10
Stress level (high/low)	10/10
Sleep quality (good/poor)	10/10
Depression score (yes/no)	10/10
Overall health status (good/poor)	10/10

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